

COMMUNITY MENTAL HEALTH AGENCIES	POPULATION SERVED	OFFICE LOCATION(S)
ASIAN COUNSELING AND REFERRAL SERVICE 206-695-7600 www.acrs.org	<ul style="list-style-type: none"> <li>Asian/Pacific Islander</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Central District <i>(Serves individuals from across King County)</i></li> </ul>
CATHOLIC COMMUNITY SERVICES 206-328-5097 www.ccsww.org	<ul style="list-style-type: none"> <li>Children and families</li> </ul>	<ul style="list-style-type: none"> <li>Seattle</li> <li>Kent</li> </ul>
COMMUNITY HOUSE MENTAL HEALTH 206-322-2387	<ul style="list-style-type: none"> <li>Adults</li> </ul>	<ul style="list-style-type: none"> <li>Capitol Hill</li> </ul>
COMMUNITY PSYCHIATRIC CLINIC 206-545-2354                      206-461-3614 www.cpcwa.org	<ul style="list-style-type: none"> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Belлтown    <ul style="list-style-type: none"><li>Lake City Way</li></ul></li> <li>Northgate    <ul style="list-style-type: none"><li>Pioneer Square</li></ul></li> <li>Wallingford</li> </ul>
CONSEJO COUNSELING AND REFERRAL SERVICES 206-461-4880 www.consejo-wa.org	<ul style="list-style-type: none"> <li>Primarily Hispanic/Latino</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Central District</li> <li>Rainier</li> </ul>
DOWNTOWN EMERGENCY SERVICE CENTER 206-464-1570 www.desc.org	<ul style="list-style-type: none"> <li>Adults</li> </ul>	<ul style="list-style-type: none"> <li>Belлтown</li> <li>Pioneer Square</li> </ul>
EVERGREEN HEALTHCARE 206-923-6300 www.evergreenhealthcare.org	<ul style="list-style-type: none"> <li>Older adults</li> <li>Medically complex adults and older adults</li> </ul>	<ul style="list-style-type: none"> <li>Entire county (not office based)</li> </ul>
HARBORVIEW MENTAL HEALTH SERVICES 206-744-9600 www.uwmedicine.washington.edu	<ul style="list-style-type: none"> <li>Adults</li> <li>Older adults</li> </ul>	<ul style="list-style-type: none"> <li>First Hill</li> </ul>
NAVOS 206-248-8226 www.navos.org	<ul style="list-style-type: none"> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Burien</li> <li>West Seattle</li> </ul>
SEA MAR COMMUNITY HEALTH CENTERS 206-766-6976 <i>(South Park)</i> 425-460-7114 <i>(Bellevue)</i> www.seamar.org	<ul style="list-style-type: none"> <li>Primarily Hispanic/Latino</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>South Park</li> <li>Bellevue</li> </ul>
SEATTLE CHILDREN’S 206-987-3560 www.seattlechildrens.org	<ul style="list-style-type: none"> <li>Children and families</li> </ul>	<ul style="list-style-type: none"> <li>Main Hospital Campus</li> <li>Bellevue</li> <li>Central District</li> </ul>
SEATTLE CHILDREN’S HOME 206-283-3300 www.seattlechildrenshome.org	<ul style="list-style-type: none"> <li>Primarily children and families</li> </ul>	<ul style="list-style-type: none"> <li>Queen Anne</li> </ul>
SEATTLE COUNSELING SERVICE 206-323-1768 www.seattlecounseling.org	<ul style="list-style-type: none"> <li>Primarily sexual minorities</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Capitol Hill</li> </ul>
SOUND MENTAL HEALTH 206-302-2300                      206-302-2209 <i>(TTY)</i> www.smh.org	<ul style="list-style-type: none"> <li>All age groups</li> <li>Deaf and Hard of Hearing</li> <li>Developmentally Disabled</li> </ul>	<ul style="list-style-type: none"> <li>Auburn/Kent    <ul style="list-style-type: none"><li>Bellevue</li></ul></li> <li>North Seattle    <ul style="list-style-type: none"><li>Seattle Madison</li></ul></li> <li>Seattle    <ul style="list-style-type: none"><li>Redmond    <ul style="list-style-type: none"><li>Tukwila</li></ul></li></ul> </li></ul>
THERAPEUTIC HEALTH SERVICES 206-322-7676 <i>(Youth/Families)</i> 206-726-1980 <i>(Adults)</i> www.therapeutichealth.org	<ul style="list-style-type: none"> <li>Primarily African American</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Central District <i>(Central Youth and Family Services branch)</i></li> <li>Rainier Valley <i>(Adults)</i></li> </ul>
VALLEY CITIES COUNSELING AND CONSULTATION 253-939-4055 www.valleycities.org	<ul style="list-style-type: none"> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Auburn            <ul style="list-style-type: none"><li>Federal Way</li></ul></li> <li>Kent                <ul style="list-style-type: none"><li>Renton</li></ul></li> <li>South King County</li> </ul>
YOUNG MEN’S CHRISTIAN ASSOCIATION OF GREATER SEATTLE 206-382-5340 www.seattlemca.org	<ul style="list-style-type: none"> <li>Primarily children and families</li> </ul>	<ul style="list-style-type: none"> <li>Central District</li> </ul>

## RECOVERY FOCUSED SERVICES

King County RSN is committed to ensuring services promote and support a person’s mental health recovery.

*Mental health recovery is a journey of healing and transformation, enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.*

— National Consensus Statement on Mental Health Recovery

Recovery principles for services include:

- Services developed in partnership with the person to meet his or her needs.
- Planning that builds on the person’s strengths and addresses the person’s goals.
- Reducing symptoms and/or teaching ways to cope with symptoms.
- Helping to build the life the person wants in the community, including work, education, recreation, health, spirituality, family, and friends.
- Hope, respect, and mutual responsibility.

## RESOURCES

*King County Recovery Webpage*

- <http://www.kingcounty.gov/healthServices/MentalHealth/Recovery.aspx>

*National Alliance on Mental Illness (NAMI)*

- NAMI Greater Seattle
  - <http://www.nami-greaterseattle.org/>
- NAMI South King County
  - <http://www.nami.org/sites/NAMISouthKingCounty>
- NAMI Eastside
  - <http://www.nami-eastside.org/>



KCRSN Brochure, Rev 6/09 – English



**King County**

**King County  
Regional Support Network (RSN)**

*A Division of the King County  
Department of Community and Human Services*

# PUBLIC MENTAL HEALTH SERVICES IN KING COUNTY

**24-HOUR CRISIS LINE**  
206-461-3222  
Toll Free 1-866-4-CRISIS (427-4747)  
TTY 206-461-3219

**CLIENT SERVICES (Mon-Fri, 8 am-5 pm)**  
206-263-8997  
Toll Free 1-800-790-8049  
TTY 206-205-0569

**MENTAL HEALTH OMBUDS**  
206-205-5329  
Toll Free 1-800-790-8049, #3

**ADMINISTRATIVE OFFICES**  
401 Fifth Avenue, Suite 400  
Seattle, WA 98104  
206-263-9000  
TTY 206-205-0569  
Web: [www.kingcounty.gov/dchs/mhd/](http://www.kingcounty.gov/dchs/mhd/)

WHO IS ELIGIBLE TO RECEIVE  
PUBLIC MENTAL HEALTH SERVICES?

- Anyone in crisis may receive crisis services regardless of ability to pay
- Outpatient and inpatient services that are medically necessary are available for King County residents who:
  - Qualify for Medicaid
  - Do not have Medicaid, but who meet financial and clinical eligibility criteria

CRISIS SERVICES

*Crisis Line (24 hour)*  
Immediate counseling, information, outreach, or referral to other resources.  
Voice:     **206-461-3222**  
Toll Free: **866-427-4747 (866-4CRISIS)**  
TTY:       **206-461-3219**

People receiving services from a community mental health agency who are in need of crisis services should contact that agency.

INPATIENT PSYCHIATRIC SERVICES

- *Voluntary hospital* admissions must be preauthorized. To request this level of service:
  - Current clients should contact their community mental health agency
  - All other individuals should:
    - Contact their primary care physician,
    - Call the Crisis Line, or
    - Go to the emergency room.
- Evaluations for *involuntary psychiatric hospitalization* are made by Designated Mental Health Professionals. Call the Crisis Line to request this type of evaluation if someone is a danger to self or others due to a mental illness.

OUTPATIENT SERVICES

Contact one of the community mental health agencies listed in this brochure to request an appointment. The agency will conduct an assessment to determine if medical necessity and financial criteria are met. If they are, services will be authorized by King County RSN. If not, referrals to other community resources will be made according to need.

*Outpatient Services Available*

- Brief intervention treatment
- Crisis and stabilization services
- Day support
- Freestanding evaluation and treatment facility services
- Individual, family, and group treatment
- Intake evaluation
- Intensive outpatient treatment
- Medication management
- Medication monitoring
- Mental health clubhouse
- Mental health services while in a residential setting
- Peer support services
- Psychological assessment
- Rehabilitation case management
- Respite care
- Special population evaluation
- Supported employment
- Culturally and age appropriate services
- Hearing and/or language interpretation services

*Services that are not covered*

- Non-emergency, non-Medicaid transportation
- Non-psychiatric prescription medication
- Services from mental health agencies not listed in this brochure unless authorized by King County RSN

*Practice Guidelines*

- Mental health practice guidelines may be requested by calling 206-263-9000.

CHOICE OF MENTAL HEALTH  
WORKER OR AGENCY

Individuals authorized for mental health services have the right to:

- Choose a mental health worker from those available at their mental health agency; if none is selected, one will be assigned.
- Change their mental health worker or mental health agency within the first 90 days of starting services or once-a-year after that for any reason.

SECOND OPINIONS

Individuals who:

- Have had an intake appointment but were told they were not eligible to receive services, or
- Believe they need different services than are being offered,

Have the right to request the agency provide a second opinion at no cost.

ADVANCE DIRECTIVES

A mental health advance directive (MHAD) is a written document that describes a person’s directions and preferences for treatment and care during times when they are having difficulty communicating and making decisions. It can inform others about what treatment a person wants or doesn’t want, and it can identify someone called an ‘agent’ who can be trusted to make decisions and act on the person’s behalf.

Individuals have a right to execute a MHAD and will be provided information on how to do so by their mental health agency. A person’s MHAD may be registered online at:  
<http://www.doh.wa.gov/livingwill/registerdocuments.htm>

Complaints concerning noncompliance with a MHAD may be filed with King County RSN Client Services, the Ombuds, or the state Mental Health Division at 1-888-713-6010.

CLIENT SERVICES

Client Services, a service of King County RSN, provides:

- Client Rights information.
- Referrals for mental health services.
- Mental health benefits, eligibility, and access to care information.
- Options for advocacy in complaint, grievance, appeals, and fair hearing procedures.

MENTAL HEALTH OMBUDS

The Ombuds service:

- Is for individuals who receive publicly funded mental health services who feel their rights have been violated or they are not receiving adequate services.
- Helps individuals with solving problems, complaints, grievances, appeals, and fair hearings.
- Works to obtain a resolution that meets the individual’s needs and at the lowest possible level.
- Is an agency that is independent of King County RSN.

Services are confidential, free, and protect a person from retaliation of any kind.

PRIVACY AND CONFIDENTIALITY

- The privacy of individuals receiving mental health services is protected by law.
- All information about an individual’s mental health issues and treatment is confidential and will not be shared except as allowed by law.

AGE, CULTURAL, DISABILITY, AND  
LINGUISTIC APPROPRIATE SERVICES

- Services provided are appropriate to an individual’s age, culture, and disability.
- Interpreters are available in a person’s primary language free of charge.